What is claimed is:

1. An antisense compound 8 to 30 nucleotides in length targeted to a nucleic acid molecule encoding a human tumor necrosis factor receptor-associated factor, wherein said antisense compound inhibits the expression of human tumor necrosis factor receptor-associated factor.

2. The antisense compound of claim 1 which is an antisense oligonucleotide.

3. The antisense oligonucleotide of claim 2 which comprises at least one modified internucleoside linkage.

4. The antisense oligonucleotide of claim 3 wherein the modified internucleoside linkage is a phosphorothioate linkage.

5. The antisense oligonucleotide of claim 2 which comprises at least one modified sugar moiety.

6. The antisense oligonucleotide of claim 5 wherein the modified sugar moiety is a 2'-O-methoxyethyl sugar moiety.

7. The antisense oligonucleotide of claim 2 which comprises at least one modified nucleobase.

8. The antisense oligonucleotide of claim 7 wherein the modified nucleobase is a 5-methylcytosine.

9. The antisense compound of claim 1 which is a chimeric oligonucleotide.

10. The antisense compound of claim 1 wherein the human TRAF is TRAF-2 or TRAF-6.

11. A pharmaceutical composition comprising the antisense compound of claim 1 and a pharmaceutically acceptable carrier or diluent.

12. The pharmaceutical composition of claim 11 comprising a colloidal dispersion system.

13. The pharmaceutical composition of claim 11 wherein the antisense compound is an antisense oligonucleotide.

14. A method of inhibiting the expression of tumor necrosis factor receptor-associated factor in human cells or tissues comprising contacting said cells or tissues with the antisense compound of claim 1 so that expression of tumor necrosis factor receptor-associated factor is inhibited.

15. A method of reducing jun kinase activation in cells or tissues by tumor necrosis factor-α comprising contacting said cells or tissues with an antisense compound targeted to TRAF-2.

16. A method of reducing jun kinase activation in cells or tissues comprising contacting said cells or tissues with an antisense compound targeted to TRAF-6.

17. A method of reducing E-selectin expression in cells or tissues comprising contacting said cells or tissues with an antisense compound targeted to TRAF-2 or TRAF-6.